

Abstract

- Title:** The actual state of physical education with regard to gymnastics at high schools
- Aim:** Find out the actual state of girls' physical education with regard to gymnastics at high schools and compare the results with secondary schools.
- Methods:** Questionnaire was a main method used in this research. Data was obtained by non-standardized questionnaire with semi-closed and closed questions from teachers of high and secondary schools and their students. Some teachers provided an interview for supplementary information.
- Results:** Data obtained by questionnaires was compiled and evaluated into the form of graphs. We got actual students' and teachers' opinions on physical education. Most respondents perceive physical education as positive activity because of fun and the opportunity to improve their fitness. Students miss unusual activities. The results confirm that gymnastics is included in lessons less than sports games. Students of high schools admit a fear of injuries and low fitness readiness, students of secondary schools admit that gymnastics is boring. Teachers of PE try to bring a variety of activities but these are mainly traditional and ordinary with usual equipment. Gymnastics is not included so often because it is physically demanding and because of lack of interest among students.
- Keywords:** girls' physical education, adolescence, teacher, student, secondary school, high school